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COVID–19 Prevention and Treatment Resources in New York City

Staying up to date on COVID-19 vaccines is one of the most important ways to prevent the spread of COVID-19. High-quality masks, rapid testing, and treatments can add additional layers of protection against the virus. This fact sheet outlines the latest guidance and resources in NYC for these critical public health tools for community-based organizations.

High–quality masks

Masks are an important tool for preventing the spread of COVID-19. N95s and KN95s offer higher protection against transmission than other types of masks.

Masks offer protection against COVID-19 transmission by blocking virus droplets. The protection from masks can be thought of on a continuum, as illustrated in this graphic from the CDC. Respirators (N95/KN95) are specialized filtering masks that offer the highest level of protection.

People who reported always wearing a mask in indoor public settings were less likely to test positive for COVID-19 than people who didn't*

WEARING A MASK LOWERED THE ODDS OF TESTING POSITIVE
Among 534 participants reporting mask type†

NO MASK | CLOTH MASK# | SURGICAL MASK | RESPIRATOR (N95/KN95)

56% lower odds
66% lower odds
83% lower odds

bit.ly/MMWR7106

* Matched case-control study, 1,828 people, Feb 10–Dec 1, 2021
† Compared people with similar characteristics (e.g., vaccination)
# Not statistically significant

CDC   MMWR

Free N95 (adult) respirators are available for pickup at pharmacies and many community health centers. To find a pharmacy participating in this program, visit https://bit.ly/3wyZCzv or call 1-800-232-0233 (TTY line: 1-888-720-7489). Project N95 is a reputable seller of high-quality masks.

Rapid At-Home Tests

Testing is an important component of reducing the spread of COVID-19. A variety of resources are available to obtain free or reimbursable rapid tests in NYC.

The CDC has instructional videos on [when](#) and [how to use a self-test](#) and [how to interpret self-test results](#). [Resources in languages other than English](#), including instructional videos for specific at-home test brands, are available from the National Resource Center for Refugees, Immigrants, and Migrants.

Where can New Yorkers get free at-home tests?

COMMUNITY SPACES
Libraries and other cultural centers are distributing free at-home tests throughout NYC. Go to www.nyc.gov/covidtest and scroll to "At-Home COVID-19 Test Kit Pickup" for a list of locations in the 5 boroughs.
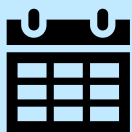
IN THE HOME
At-home testing is available to all immunocompromised New Yorkers and people over age 65. To schedule an in-home appointment, call 1-929-298-9400 between 9AM - 7PM ET.
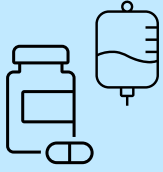
PHARMACIES/RETAIL
Most insurances (including [Medicaid](#), [Medicare Part B, Medicare Advantage Plans](#), and commercial insurance) are required to cover the cost of at-home tests. You may need to pay first and submit the receipt for reimbursement, depending on your plan.

What if my home test kit is about to expire?

Most COVID-19 home test kits have received expiration extensions from the FDA. Check if your test kit is on [FDA's list of expiration extensions](#).

COVID-19 treatments

COVID-19 treatments can help you avoid hospitalization and reduce symptoms if you test positive. Treatment is especially important for individuals over age 65 and those with an underlying health condition such as diabetes or heart disease.

Oral antiviral pills (Paxlovid, Molnupiravir) can be prescribed by a physician, advanced practice registered nurse, or physician assistant and will be available for pick up at a pharmacy or same-day delivery.

Monoclonal antibody therapeutics are provided in outpatient infusion centers. Click here for a list of locations, including sites that take direct patient referrals. For more information, you can also call the Combat COVID Monoclonal Antibodies Call Center at 1-877-332-6585.

These medications work best when started as early as possible and are available for people over the age of 12. Be sure to inform your health care provider if you are pregnant or nursing when discussing treatment options.

New Yorkers without a healthcare provider

ExpressCare (urgent care through NYC Health + Hospitals) can prescribe oral antivirals and schedule monoclonal antibody infusions. Patients can go online to see a provider or call 1-212-268-4319. To find a pharmacy near you that has COVID-19 treatments, including locations where you can get tested and a prescription in one visit, see the COVID-19 Treatments Locator.

Immunocompromised New Yorkers

A new treatment called Evusheld can help prevent COVID-19 for people who are immunocompromised. People with compromised immune systems may not have built a strong enough response after vaccination and require additional protection.

Healthcare providers must administer the injection. You can check the COVID-19 therapeutics locator to find a healthcare facility with Evusheld in stock.

"n95 mask" icon by Andi from the Noun Project